

SHEILA WALSH

it's okay

NOT TO BE OKAY

**Moving Forward
One Day at a Time**

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Not to Be Okay: Moving
Forward One Day at a Time
(pdf) Sheila Walsh**

Book details

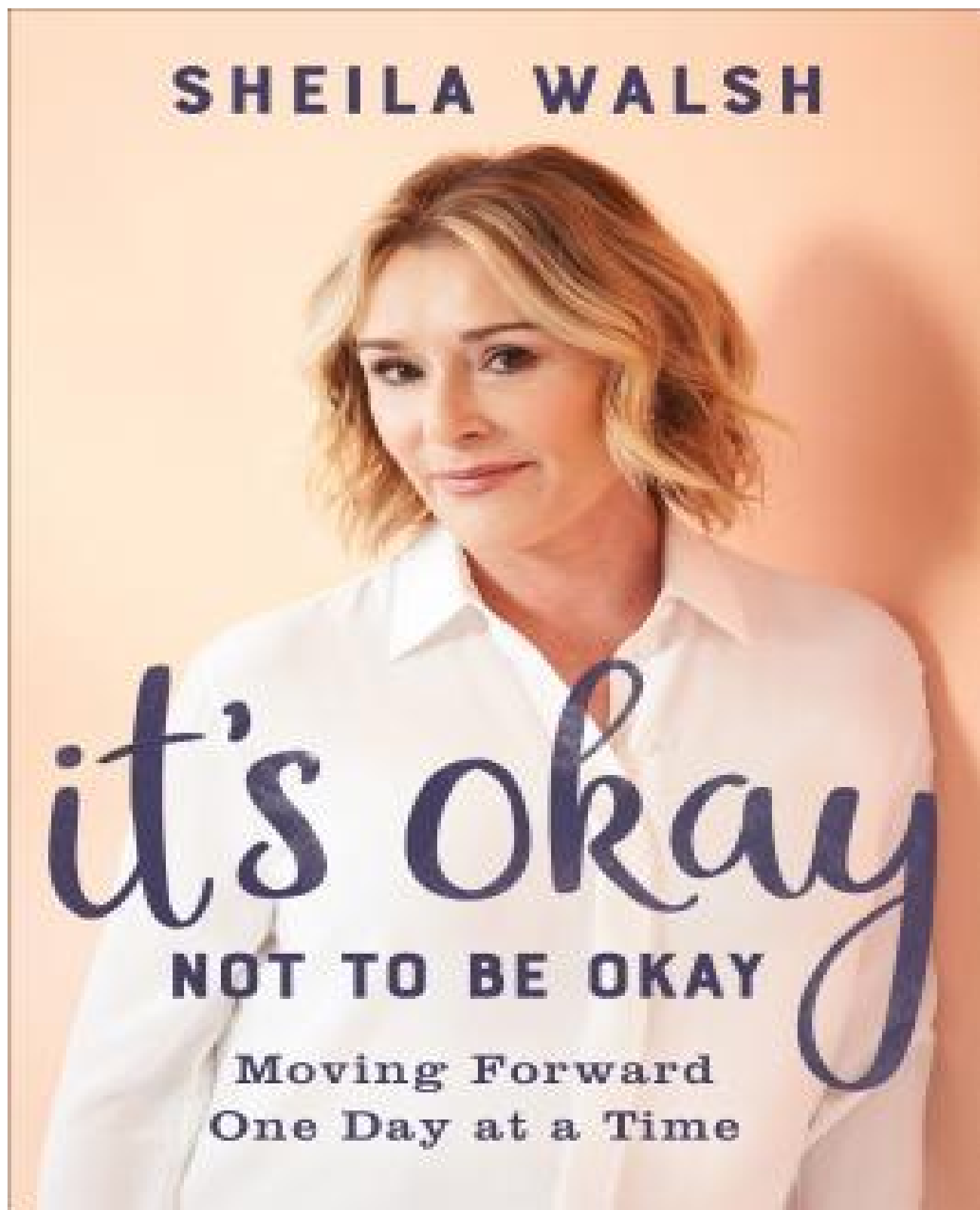
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Synopsis book

We've all experienced that moment where we wish we could start all over again. Failed marriages, lost friends, addictions, lost jobs. This is not the life we imagined.

Yesterday can sometimes leave us stuck, sad, shamed, scared, and searching. Sheila Walsh encourages readers to face the pain head on and then start again, from right where they are. She shares that when she discovered "I'm not good enough and I'm good with that," everything started to change. In *It's Okay Not to Be Okay*, Walsh helps women overcome the same old rut of struggles and pain by changing the way they think about God, themselves, and their everyday lives. She shares practical, doable, daily strategies that will help women move forward one step at a time knowing God will never let them down.

**It's Okay Not to Be Okay: Moving Forward One Day at a Time by
Sheila Walsh**



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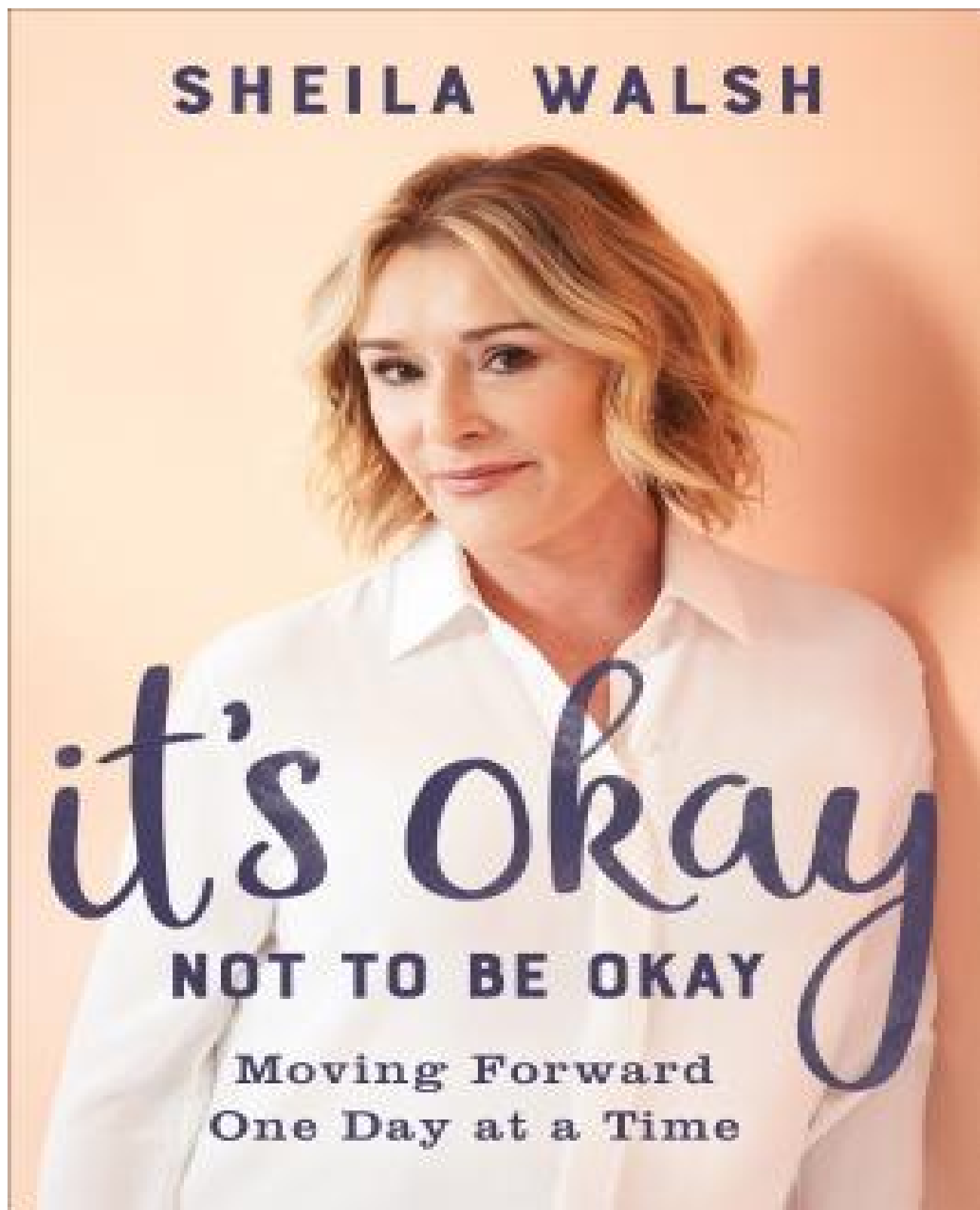
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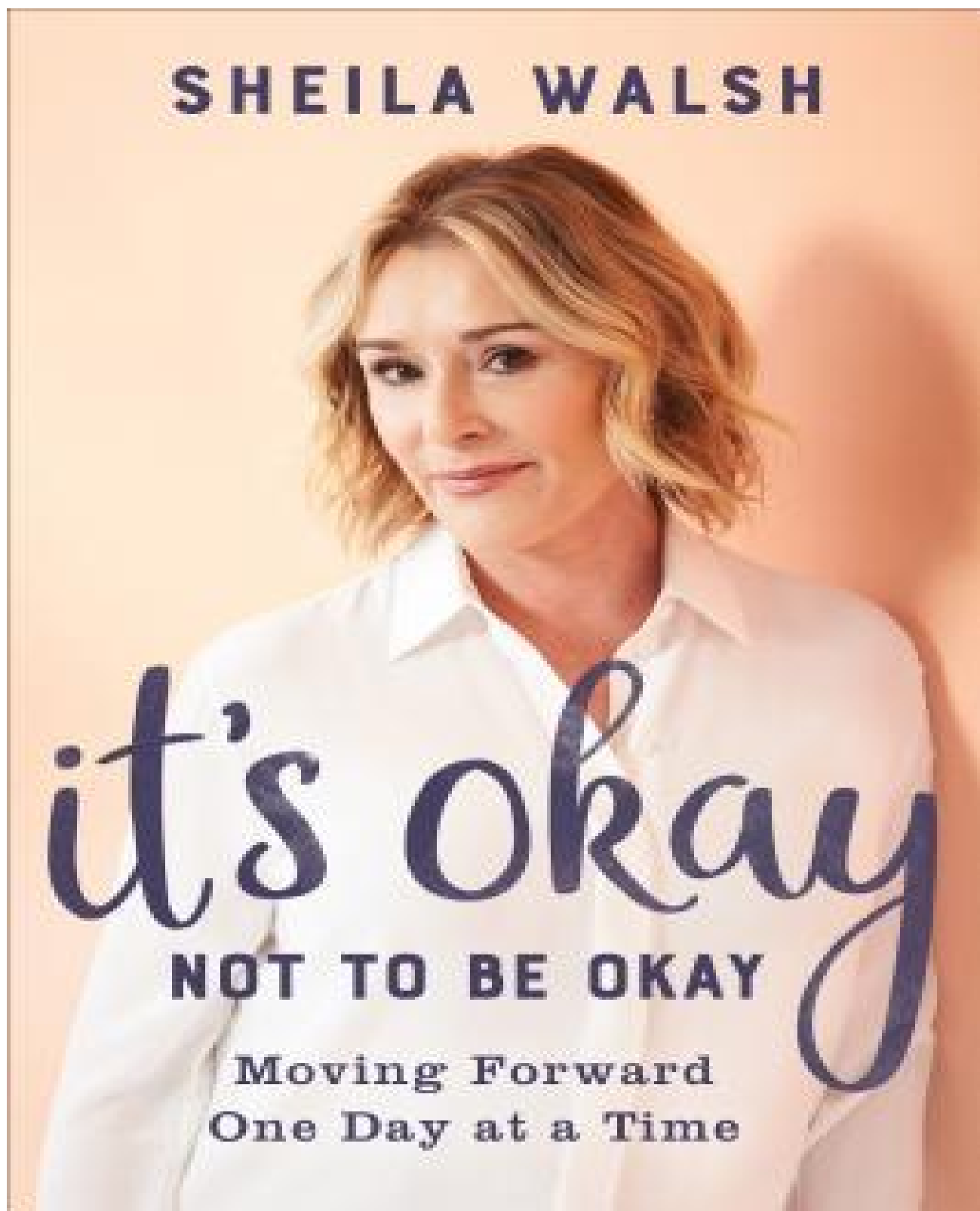
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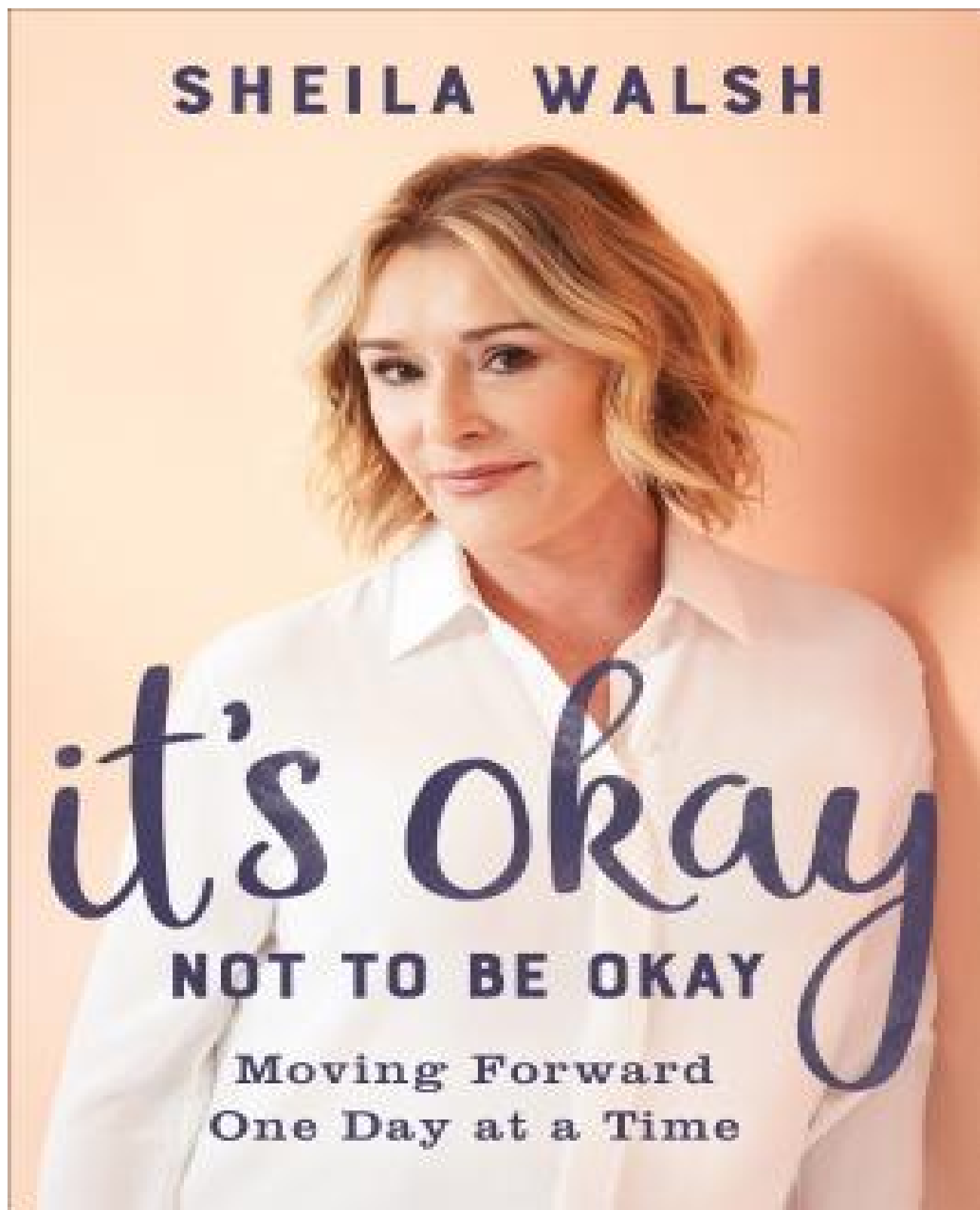
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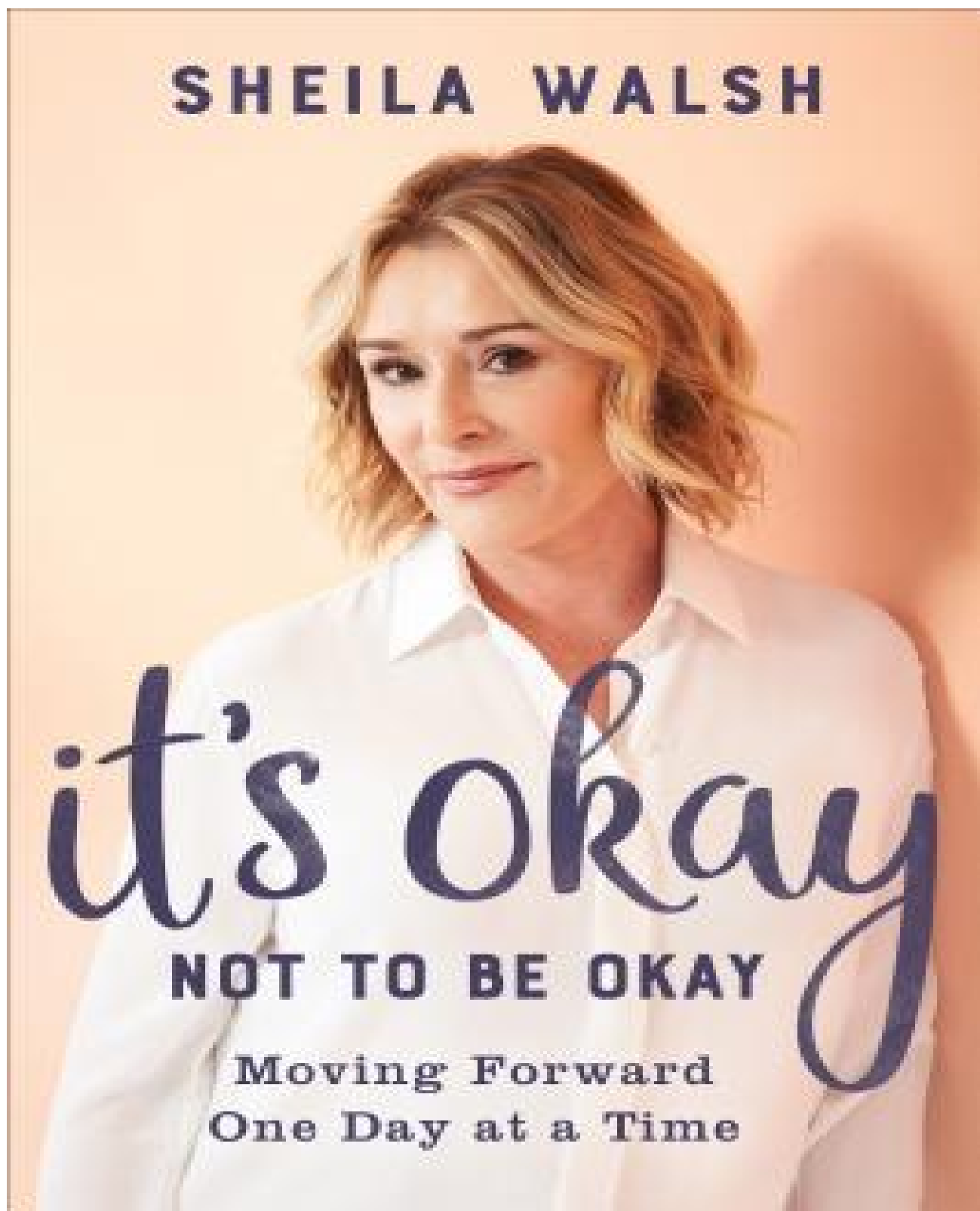
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